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mural page 13.

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Post Shorts

Recycling schedule



The recycling pickup for Wednesday, Jan. 9, is paper. Put items in paper bags, boxes or bundles and place them on the curb.

Use both lanes

Drivers are urged to use both lanes as they approach the gates to APG's Aberdeen Area.

At the barricades motorists should alternate the right of way - allowing every other car to move into the primary entrance lane, like a zipper. This more efficient movement of traffic will speed up the process.

The provost marshal warns drivers who pull out in front of other vehicles, block traffic lanes or exhibit other aggressive tendencies, that they are driving on a federal installation and are subject to citations through the federal court system.

Pass/ID Section hours of operation

Effective immediately, the Edgewood Area Pass/ID Section, building E-4420, will be open 7 a.m. to 4 p.m. on Tuesday and Thursday only. This is due to the decrease in the number of personnel being serviced in the Edgewood Area.

KUSAHC renovates

Kirk U. S. Army Health Clinic is undergoing minor renovations in patient care areas. Patients with after-hour appointments on Jan. 12, are asked to use the entrance on High Point Street located at the rear of the building, which is the old Urgent Care Entrance. For more information, call Michelle Whitehead, 410-278-1868.

Access to care at KUSAHC

Prime enrolled patients have priority access to appointments at Kirk U. S. Army Health Clinic, or KUSAHC. Non-prime patients are seen at KUSAHC on a space available basis. Non-prime patients such as TRICARE Standard and TRICARE for Life patients can call after 11 a.m. each day for any space-available appointments. Since space-available appointments are extremely limited, it may be difficult to get an appointment at KUSAHC.

If you are under the age of 65 participating in the TRICARE Standard pro-

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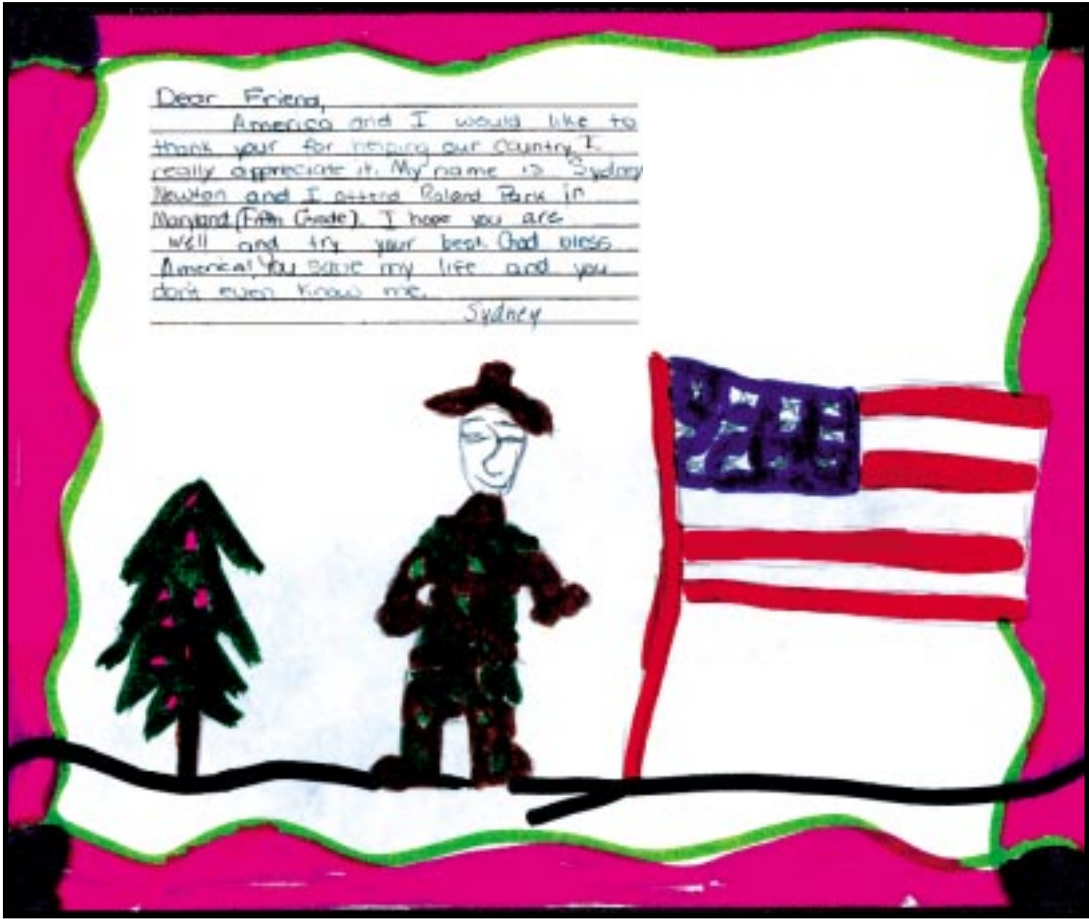
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Youth Services activities

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Muralists on APG

Baltimore children reach out to APG, ARNG soldiers



See page 14 for samples of more Christmas cards.

Photo by YVONNE JOHNSON

Aberdeen Proving Ground Provost Marshal, Rob Krauer, right, distributes Christmas cards to four military police, from left, Pvt. Lamont Bell, Spcs. Cynthia Kincheloe and Chris Owens and Sgt. David Burton. Bell, Owens and Burton hail from Tennessee's 450th Military Police Battalion, and are part of the force augmenting APG security personnel. The cards were delivered to APG by fourth grader Eryn Greaney, who recruited classmates at Rodgers Forge Elementary School, Towson, to make cards for servicemembers away from home for the holidays.



CHPPM supports Noble Eagle

Lab personnel test majority of Pentagon site samples

Sheila Little

APG News

Personnel from the U.S. Army Center for Health Promotion and Preventive Medicine Directorate of Laboratory Sciences were recognized for their efforts in support of Noble Eagle, in the aftermath of the Sept. 11 terrorist action at the Pentagon.

After a hijacked airliner crashed into the west side of the Pentagon, occupational health personnel were dispatched to the crash site to assess the safety risks for Pentagon employees returning to work.

Occupational health personnel, engineers and industrial hygienists arrived at the Pentagon on the afternoon of Sept. 11, with a larger contingent arriving at dawn on Sept. 12.

On site, personnel gathered water, air and surface samples

and returned them to the Directorate of Laboratory Sciences at CHPPM in the Edgewood Area of Aberdeen Proving Ground for analysis.

Working nights and weekends for nearly two and a half weeks, laboratory personnel from CHPPM acted as the main testing laboratory, analyzing samples collected on site by Army, Navy and Air Force personnel.

"After the incident there was concern about contamination of the building," said Brad Hutchens, CHPPM project officer for support. "The laboratory did the majority of the analytical work for the military services working on site, and sent supplies, tested and analyzed the results, and returned the results to the agencies who requested them."

Laboratory technician Jennifer Seeger was among the

See CHPPM, page 5

Army working to expedite chemical stockpile disposal project

Kathy DeWeese

ABCDF

U.S. Army representatives announced Wednesday that they are working with state of Maryland officials and the Environmental Protection Agency on a plan to accelerate the destruction of the chemical agent stockpile stored at the Edgewood Area of Aberdeen Proving Ground..

After the Sept. 11 terrorist attacks, the Army immediately began evaluating methods to reduce public risk associated with chemical stockpile storage. Taking advantage of its experience in designing the Aberdeen Chemical Agent Disposal Facility, or ABCDF, the Army and its contractor team are focusing on the safest, most effective way to speed up the disposal process.

"Accelerating the disposal of the stockpile will involve the same neutralization technology and much of the same equipment already on hand for the facility currently under construction," said Kevin J. Flamm, the Army's project manager for Alternative Technologies and Approaches, who is responsible for stockpile destruction at Aberdeen Proving Ground. "We are essentially simplifying the process and reordering its sequence."

The stockpile could be destroyed as much as three years ahead of the previously scheduled destruction date of 2006. Some of the operations that would have been performed by

automated machinery may now be done by hand.

The accelerated plan calls for neutralizing the mustard agent first, then cleaning and disposing of the empty steel containers later. This eliminates the greater risk sooner, rather than it being reduced gradually over time.

The secondary biotreatment phase of the disposal process will be relocated to a licensed commercial off-post facility, which will further shorten the disposal time.

"We have been working closely with federal, state and county authorities for several years in our efforts to destroy the stockpile in a safe and environmentally sound manner," said Joseph W. Lovrich, ABCDF site project manager. "Their extensive knowledge of our project and their appreciation for the need to speed it up in the wake of recent events brought us to agreement on this expedited process."

Public meetings are scheduled to explain the plan to community members in greater detail. In Harford County, a public meeting will be held at the Edgewood Senior Center on Wednesday, Jan. 16 at 6:30 p.m. In Kent County, citizens are invited to attend a meeting at Chestertown Middle School on Thursday, Jan. 17, at 6:30 p.m.

For more information on these meetings, call the Edgewood Chemical Stockpile Outreach Office at 410-676-6800.

Kirk U.S. Army Health Clinic is rated excellent



Photo by SHEILA LITTLE

Lt. Col. Joshua Kimball

KUSAHC

Kirk U.S. Army Health Clinic recently received its official score from the accreditation survey, which was conducted in October by the Joint Commission on Accreditation of Healthcare Organizations, or JCAHO.

KUSAHC received a rating of 98 percent for the ambulatory care portion of the survey and 99 percent for the behavioral health portion, which ranks it among the top elite of civilian and military health-care organizations in the United States.

According to Lt. Col. David Krieger, commander at

KUSAHC, "JCAHO is a nationally and internationally recognized way of measuring the quality of health care facilities and patient care processes. The summary grid scores are benchmarked against every other facility within the survey."

Lt. Col. Allison Mirakian, deputy commander for Nursing, said that the scores of 98 percent and 99 percent indicate that KUSAHC is within the top two percentile of all health care organizations.

"It is an opportunity to evaluate the care we provide at KUSAHC, rated against private sector standards," Mirakian said. "KUSAHC stands proudly when it comes

to patient care. Each department and every soldier and every civilian employee who works at KUSAHC demonstrate their dedication to patient care with the knowledge that each one has made a difference in the lives of their patients."

"Our participation in JCAHO ensures that we deliver the ultimate in quality care to our patients," said Dr. Charles Bush, deputy commander for Clinical Services.

Kirk Clinic, a partner in the Walter Reed Health Care system, was surveyed with their higher headquarters, Ft. George G. Meade Medical Activity.

Post Shorts

SHORTS from front page

gram you can go to any participating provider in your plan. You will have a deductible and cost share to pay in this plan. If you would like KUSAHC to be your treatment facility, visit the TRICARE Liaison Office to discuss enrollment in TRICARE Prime.

If you are a TRICARE for Life, patient you will also be seen on a space available basis. However, you have the choice of going to any Medicare accepting physician or hospital for treatment. Medicare will pay first and TRICARE will pay the remaining fee.

The TRICARE Liaison Office is located on the third floor at KUSAHC. The hours are 8 a.m. to 4:30 p.m.

AudioCare Call-in Refill System phone line trouble at KUSAHC

A main steam pipe ruptured at Walter Reed in mid-December and melted some of the Refill System phone lines, which has also affected Kirk. Some of the phone cables are wet and will allow a connection but have interference in the background and the refills will not process. The remaining cables are working without difficulty.

Walter Reed Army Medical Center has contacted Verizon, the contractor, to correct the problem. Verizon has stated that it may take 4 to 6 weeks for the problem to be resolved.

If you are having difficulty with the Call-in Refill system, the best way to refill your prescriptions is to use the Internet refill system. The Internet Refill System may be accessed by logging onto the refill Web site at www.walterreed.army.mil/refills. You can refill or inquire on the status of a prescription as well as obtain medication information. You will be presented with the following options after entering your Social Security Number and prescription numbers in the appropriate fields:

1. Order a refill
2. Check on the status of a prescription
3. Medication information

An alternative to the AudioCare Call-In system and Internet Web site is to bring in your refills to your pharmacy for processing.

VTC unites military family members

Army Community Service has set up a free video teleconference, or VTC, available for military families to get in touch with their deployed loved ones. The VTC is located at ACS, building 2754, Rodman Road. Families will be able to see and talk on a wide screen. To set up an appointment, call ACS, 410-278-3137/7474.

MCSC shares cooking secrets

The APG Military and Civilian Spouses' Club has put together a community cookbook with more than 280 recipes. This collection has been tried and tasted by servicemembers all over the world. A special section features recipes from active duty personnel in every branch of the military.

The cookbook is available for purchase on payday weekends at the PX and commissary and at the Aberdeen Area Thrift Shop. It sells for \$8 and all proceeds benefit the local community. You can also purchase the cookbook by calling Angie Salamy at 410-272-6712. She will deliver to your office on post.

Kirk offers classes

The following classes will be held in the Preventive Medicine conference room (Room A-12), located on the first floor at Kirk U.S. Army Health Clinic. For more information and to register for classes, call Preventive Medicine, 410-278-1964.

“Healthy Eating” weight control: Class is scheduled from 7 to 9 p.m., Jan. 24. All TRICARE beneficiaries with a desire to learn more about healthy eating, parents and sponsors of children with healthy eating concerns, are invited to attend.

Take care of yourself: The Take Care of Yourself class will be held the first and third Wednesday of every month, 10 a.m. to noon. The purpose of the class is to teach patients how to treat minor illnesses and injuries at home and when to see a doctor. The class will be instructed by a registered nurse using the Take Care of Yourself and Taking Care of Your Child handbooks distributed to TRICARE Prime enrollees.

Attendees will receive a Medicine Cabinet Card which will allow them to request specific over-the-counter medications without having to see a Primary Care Provider. This education class and pharmacy privilege is limited to TRICARE Prime enrollees only. To sign up for this class, call 410-278-1725.

Register now for UMUC spring courses

Registration is now taking place for the University of Maryland University College Spring 2002 semester, which

begins Jan. 28. On-site classes offered at Aberdeen Proving Ground include BMGT 364, Management and Organization Theory; COMM 390, Writing for Managers; IFSM 300, Information Systems in Organizations; CMST 385, Internet: A Practical Guide; and EXCL 301, Learning Analysis and Planning. Additional classes are available through the instructional television and distance education formats.

For more assistance or to register, visit the APG office of UMUC in building 3146, or call 410-272-8269 and 410-278-4632.

Killington offers armed forces reduced rate lift tickets

This season, members of the U.S. Armed Forces can ski or ride Killington/Pico for \$35 a day with the new Armed Forces Card. The card allows active duty, reserve, National Guard, or retired members of the U.S. armed forces to purchase a lift ticket at any ticket window any day Sunday through Friday, non-holiday, at the reduced rate simply by presenting the card and a valid military ID.

Pollution Prevention



Make “Green” choices: Use cleaning cloths, like cloth diapers, instead of paper towels.

APG Pollution Prevention Program, Environmentally Preferable Product and Affirmative Procurement Policy

“We have created a number of money saving programs this season for various market segments,” said Mike Clifford, bulk ticket coordinator. “This card provides exceptional value for members of the armed forces who ski and snowboard. As with any new program, it will be interesting to see how the card is received. So far we have received many requests for card order forms and information from individuals stationed throughout the Eastern United States. We’re very excited about the warm reception thus far and hope these service men and women will take advantage of this opportunity to enjoy the exceptional skiing and riding at Killington and Pico.”

There is a one-time \$10 fee for each card, when ordered in advance through a base recreation or MWR/ITT office or the Killington Group Sales office. To get a card order form, members of the Armed Forces are asked to contact the recreation or MWR/ITT departments at their current duty station.

The fee is \$25 if the card is purchased online or at Killington. To receive a card order form from Killington, contact Mike Clifford at 802-422-6957, mclifford@killington.com or Barry Speare at 802-422-6132, bspeare@killington.com. Cards purchased online or in person at the resort, may be picked up at the Killington Edge Center in the Snowshed Base Lodge from 9 a.m. to 3 p.m. daily.

For more information, visit Killington’s Web site at www.killington.com.

Soldier Show audition deadline extended to Jan. 15

The deadline for audition submissions for the 2002 U.S. Army Soldier Show is quickly approaching. The U.S. Army Community and Family Support Center’s Entertainment Division staff has received many inquiries, but very few actual audition packages.

The events of Sept. 11 tasked units heavily and soldiers may have not had time to complete their input. Therefore, while the official deadline was Dec. 31, Army Entertainment Division officials have extended a grace period until Jan. 15, to accommodate soldiers who need extra time to get their submissions together and mailed.

In 2001, this Army Morale, Welfare, and Recreation program entertained more than 110,000 people in a highly successful season that brought military audiences a much-needed 90 minutes of escape to music and fantasy following 9-11.

The 2002 season marks the 19th year of the modern Soldier Show, a tradition of “entertainment for the soldier, by the soldier” established during World War I. The U.S. Army Soldier Show is an opportunity for talented soldiers to represent their units, installations and the United States Army in a show of unity, artistry, teamwork and a testament to American resilience.

For audition how-to information and a sample letter of release, visit the Army Entertainment Division Web page at www.armyentertainment.net. Queries may be directed to Victor M. Hurtado, artistic director, U.S. Army Soldier Show, at victor.hurtado@cfsc.army.mil

Blood drive at ARL

The American Red Cross will conduct a blood drive on post sponsored by the U.S. Army Research Laboratory, building 330, located at the intersection of Longs Corner Road and Tower Road on Feb. 14, 9 a.m. to 1 p.m.

To donate blood you must be at least 17 years old, weigh at least 110 pounds, have no tattoos that are less than one year old, and have no sore throat, runny nose, or productive cough. To clear the 56-day limit between donations, you must have given on or before Dec. 19 to donate on Feb. 14.

To make an appointment, e-mail or call (no voice mail) Staff Sgt. Darla Laing, 410-278-5873 or dlaing@arl.army.mil.

EAOWC to donate funds

The Edgewood Area Officers’ Wives Club will donate funds to various services and charities this spring. If your group or organization is interested in receiving a donation, please submit a request in writing, postmarked no later than March 1, to Diane Payne, 3013 Cascade Drive, Abingdon, MD 21009, or by e-mail to kdjpayne@earthlink.net. Be as specific as possible in stating the purpose for which the funds are requested. Be sure to include the name, title, address, and telephone number of a contact person. Actual disbursements will be made in May and those who have requested funds will be notified at that time.

For more information, call Payne at 410-569-5116.

Playmorning resumes Jan. 17

Playmorning is available for children between the ages of birth to 6 years. It will be held every Thursday starting Jan. 17 in Edgewood in building E-1902, 9:30 to 11 a.m.

Playmorning will continue in Aberdeen every Wednesday at the Aberdeen Area Chapel.

For additional information, call Diana Hayes, Parents & Children Together coordinator at 410-278-7474/7478.

Scholarships, scholarships and more scholarships

In today’s world of increasing college costs, funding for college education is becoming more and more of a challenge for many families. Scholarships and other financial aid is available, but often unused simply because students and parents do not know that it exists or where to apply. Thirty college scholarship resources are available for outstanding students of military and civilian personnel at Aberdeen Proving Ground. Many of the scholarship applications are on-line and the deadline for submitting the application is usually January through March.

To pick up a college scholarship resource packet or a Secondary Education Transition Study-Parent Guidebook, contact Ivan Mehosky, director, Youth Education Support Services, 410-278-2857, cell phone, 410-322-0181, fax 410-278-4658 or e-mail, Ivan.Mehosky@usag.apg.army.mil.

TSP open season approaches

The Thrift Savings Plan Open Season lasts until Jan. 31. During the open enrollment period employees may elect to enroll in TSP or change their current TSP deduction. TSP Open Season Update Pamphlets will be distributed to agency administrative offices upon receipt in the Civilian Personnel Advisory Center.

Employees are now required to contact the Army Benefits Center-Civilian, or ABC-C, at 1-877-276-9287 or www.abc.army.mil to enroll in TSP or change the amount of their contribution. Employees must also contact the TSP Office at 1-504-255-8777 or www.tsp.gov if they wish to change their fund allocation. Personal Identification Numbers are required for both ABC-C and TSP. Employees who wish to change the way their current balance is invested must request a TSP Interfund Transfer. Interfund transfers can be made by calling the TSP office, using the Web site, or completing a TSP-50.

For more information, contact your servicing personnel assistant, Aberdeen Proving Ground CPAC.

Weight Watchers at Work

Lunchtime Weight Watchers classes are continuing on post and new participants are welcome. To learn more about the Weight Watchers at Work Program at APG, call 410-278-1151.

Army Band requests

Requests for the 389th Army Band (AMC’s Own) should be submitted to Staff Sgt. Kay Reynolds, 410-278-7953. Requests should be submitted a minimum of 60 days in advance of an event.

APG News

The *APG News*, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the *APG News* are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Garrison, Aberdeen Proving Ground. The newspaper is published weekly by the APG Public Affairs Office, ATTN: AMSSB-GIM, APG, MD 21005-5005, 410-278-1150. Printed circulation is 13,500.

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Early visit



Photo by SHEILA LITTLE

Children at the Aberdeen Area Child Development Center were treated to a visit from Santa Claus last month, prior to making his rounds via sleigh. The jolly elf, who resembles Andre Fournier, APG fire protection specialist, gave out candy canes in a visit that also covered holiday safety for children.

Restructured environmental organization aims for relevance and responsiveness

Maria Applin
AEC

The U.S. Army Environmental Center, or AEC, restructuring streamlined operations to enhance the performance of all its key programs so the center can continue to successfully help the Army meet its training, readiness and environmental stewardship needs.

This restructuring created the new Pollution Prevention, Compliance, Acquisition and Technology Implementation, or PCAT, Division. Fifty-nine employees strong, PCAT is the largest division at AEC, and its mission is growing.

One local project with Army-wide impact that involves some of the professional teams since combined under PCAT includes the Unexploded Ordnance, or UXO, Standard Evaluation Site that AEC is managing in the Aberdeen Area of Aberdeen Proving Ground. At the forefront of environmental concerns, UXO detection and discrimination technologies support the operation, restoration, and transfer of Department of Defense ranges. By developing standardized UXO technology demonstration sites at APG, the Massachusetts Military Reservation, and Yuma Proving Ground, Ariz., users and developers can identify the applicability of specific UXO technologies, gather data on sensor and system performance, compare results, and document realistic cost and performance information within the parameters of actual range operations.

Another local project addresses lead emissions caused by paint removal. AEC monitored a test at APG of a new air monitoring system that is designed to reduce costs, save time and improve worker safety during lead-based paint removal. This near-real-time ambient air monitoring system combines sampling, extraction and analysis into one unit, finishing in minutes what used to take days.

According to division chief Jim Arnold, "The PCAT Division was formed by combining compliance, pollution prevention, acquisition and technology implementation to build on the synergy between these elements, enabling AEC to be more relevant and responsive to Army headquarters and the major commands and installations."

AEC had its beginnings at the Edgewood Arsenal area of APG 30 years ago and now serves as the Army's point organization for integrating environmental programs.

PCAT's employees help maintain AEC's focus on the critical products and services needed to meet those requirements.

By combining the disciplines of pollution prevention with environmental compliance,

greater headway can be gained for the Army, according to Lee Merrell, chief of the Compliance and Pollution Prevention Branch.

"Since most pollution prevention deals with hazardous or solid waste, we formed a waste and pollution section to include all of the hazardous and solid waste resources of the branch, along with the overall pollution prevention management and waste pollution resources at AEC," Merrell said.

To integrate pollution prevention into other AEC branch programs, pollution prevention personnel are being added to the air quality program and the waste quality program. A single program manager will be responsible for everything in the program, from environmental legislative and regulatory analysis to other things involved with pollution prevention and compliance.

The branch's primary mission is to support the Department of the Army's Office of Environmental Programs.

AEC formed the Acquisition Branch to reduce long-term environmental costs to installations from fielded Army systems.

Tom Guinivan, Acquisition Branch chief, said, "An Army study pointed out that upwards of 80 percent of installation environmental requirements and costs come from the operation and maintenance of fielded systems. We assist acquisition program managers in incorporating pollution prevention into their system design, production, testing, fielding, and deployment."

The new Acquisition Branch primarily supports two customers. One is the Deputy Assistant Secretary of the Army for Environment, Safety and Occupational Health, or DASA (ESOH). For this customer, the branch provides an analysis of each acquisition program's environmental documentation and analysis and highlight environmental issues that may affect production, testing, fielding or deployment. The DASA (ESOH) uses the information as a voting member of the Army Systems Acquisition Review Council and the Cost Review Board, which are SES and General Officer decision boards for acquisition programs.

The second customer is the Army acquisition program managers. The branch provides technical guidance and information on how to execute the environmental portions of the programs. This includes training of program personnel and program managers in the determination of environmental life cycle costs, which are an important part of the overall budget.

PCAT's Technology Implementation Branch focuses on the future by designing programs to meet the Army's goals of creating environmen-



Photo by JAMES BACH
Robert Weber, project engineer for the lead-based paint hazard control program, U.S. Army Environmental Center, examines and programs the AeroLead during a test demonstration at Aberdeen Proving Ground.

tally sustainable installations, reducing costs and implementing more efficient systems that cut back on pollution while maintaining Army readiness.

Erik Hangeland, chief of the Technology Implementation Branch, said, "Our branch provides program management and oversight of the Army Environmental Requirements and Technology Assessments and the Army Environmental Quality Technology Program's technology transfer, demonstration, validation, and implementation efforts. This largely means making sure that the user community,

Installations and Acquisitions program managers have a voice in determining what technology needs are addressed, supporting the development community with necessary demonstration programs to validate new technology, and then following through with getting newly developed products out to the user community."

"The many programs that make up AEC's new PCAT Division have one common bottom line - to support Army training and readiness while ensuring the Army remains a good steward of the environment," Robert E. DiMichele, AEC public affairs officer said.



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APG organizations offer student scholarships

Marguerite Towson
APG News

In today’s world of increasing college costs, funding for college education is becoming more and more of a challenge for many families. Scholarships and other financial aid is available, but often unused simply because students and parents do not know that it exists or where to apply. The following information should be useful to parents looking for opportunities to send their children to college.

‘Shop’ at the Commissary

When military families with high school seniors and college students shop around for funds to pay the cost of higher education, they also can shop at the Post Commissary. Applications for the second annual Defense Commissary Agency/Fisher House Foundation Scholarships for Military Children Program are available at the Commissary or for download at www.commissaries.com.

Qualified sons and daughters of U.S. military ID card holders, to include active duty, retirees, and Guard/reserves, may apply for the \$1,500 scholarships. Eligibility of applicants,

including survivors of deceased servicemembers, will be determined using the Department of Defense ID Card Directive. The deadline for filing applications is Feb. 5.

Two major changes for the 2002 program are that students will not have to show ID at the commissary when turning in their applications and applicants who don’t live near the commissary will be able to mail their applications to their closest commissary location. Student eligibility will be verified through the Defense Enrollment and Eligibility Reporting System, or DEERS, before scholarships are awarded. Sponsors should ensure that their children are enrolled in DEERS prior to applying for a scholarship.

Fisher House offers aid

The Fisher House Foundation is administering the Scholarships for Military Children program through a professional scholarship evaluation company. Fisher House is known for building and donating fully-furnished homes near military medical facilities.

A permanent information page for the Scholarships for Military Children Program has been added to www.commissaries.com. Look

for the link under “What’s new.”

Other opportunities at APG

Other scholarship opportunities available at APG include the Military/Civilian Spouse Club, the Edgewood Area Officers’ Wives Club and the Education Center.

Each year, the Aberdeen Area Military and Civilian Spouses’ Club accepts applications for scholarship money. Applicants must be spouses or children of military members (active duty, retired, or reserve). Applications are available at the Post Office, library, Thrift Shop, Education Center, and at Harford Community College and local high schools.

The Edgewood Area Officers’ Wives Club administers a \$1,000 scholarship on behalf of the United States Planning Association and Independent Research Agency Educational Foundation. Additional scholarships are offered as funds allow.

Applicants must be high school seniors or college students and the child or spouse of an active duty, retired or deceased service member who will attend college during the 2001-2002 school year. Children and spouses of Reserve and National Guard members are not currently

eligible. Applications may be obtained at all Harford County high school guidance offices, the Edgewood Area Thrift Shop and the EA branch library. Completed applications must be received by March 14.

The Aberdeen Area Military and Civilian Spouses’ Club is also administering a USPA and IRA scholarships. Students can apply for scholarships through both spouse clubs, but may win only one of the two.

APG Education Center can help

At present, the Education Center has over 30 college scholarship resources available for outstanding students of military and civilian personnel at APG. Many of the scholarship applications are on-line and the deadline for submitting applications is usually January through March.

To pick-up a college scholarship resource packet, call Ivan Mehosky, Youth Education Support Services director, at 410-278-2857, DSN 298-2857, cell 410-322-0181, fax 410-278-4658 or e-mail, Ivan.Mehosky@usag.apg.army.mil.

Continuing mission for Md NG MP’s

Staff Sgt. Erik Miller
115th Military Police Battalion

Following a call up for active duty on Sept. 11, members of the Maryland Army National Guard 115th Military Police Battalion have continued to be extremely busy. Upon completion of a three and a half week mission at the Pentagon, it was mere hours before the unit received its next tasking, Fort Stewart, Ga.

The unit, which is comprised of members from Maryland’s Eastern Shore, the mountains of Western Maryland, and Aberdeen Proving Ground, arrived at Fort Stewart on Oct. 14 to help support the force protection mission.

The soldiers, who come from every walk of life, went through an intense and thorough training program and went to work helping to protect the soldiers, their families, and the civilian employees at both Fort Stewart and Hunter Army Air Field. Their duties consist of everything from law enforcement to random vehicle searches at Fort Stewart’s gates.

Recently, assistance was requested once again in the Military District of Washington to again provide security in and around the Pentagon as the cleanup and repair continues at the crash site.

Pfc. James R. Fleming, referring to his Fort Steward assignment, said “ After the events of Sept. 11, I feel a new sense of duty towards my country. I hope that the mission I am a part of will not only help protect American citizens, but help in the resolution of this crisis.”

The soldiers were visited during the holidays by the Assistant Adjutant General of the Maryland Army National Guard, Brig. Gen. Warner I. Sumpter, who spoke with the troops about their broadening mission and about the outstanding job they had done thus far.

Fort Stewart Garrison Commander, Colonel Gerald J. Poltorak, summed up the battalion’s efforts in one brief statement, “I slept better, knowing you were out there.”

Prayer breakfast diners remember Pearl Harbor and Sept. 11 attacks

Yvonne Johnson
APG News

The 19th Annual Harford County Leadership Prayer Breakfast was held at the Richlin Ballroom on Dec. 7. The gathering, which was established as a way for political, business and religious leaders to come together in worship, dedicated this year’s observance to the 60th anniversary of the attack on Pearl Harbor and to the victims of the Sept. 11 attacks.

Retired Army Col. Andy Blasco, a senior chemist with Science Applications International Corporation, led the ceremony that included a scripture reading by Col. Mardi U. Mark, Aberdeen Proving Ground Garrison and deputy installation commander. The guest speaker was Norm Miller, chairman and chief executive officer of

Interstate Batteries.

“The chamber leadership got the idea to pray together once a year and to include APG since it is the largest employer in the county,” Blasco said.

In his sixth year as committee chair, he added that members chose to focus on world events this year in light of the crisis of Sept. 11 and the 60th anniversary of the attack on Pearl Harbor.

Norm Miller, chairman of Interstate Battery System of America, said he worked his way up from a humble beginning as a traveling salesman for Interstate, to become

CEO and chairman. Candid about his failures, and overflowing with a wealth of practical advice, Miller said he loves to share what he learned along the way.

“Alcohol nearly ruined me,” Miller said, recalling

how his life used to revolve around drinking.

“Finally, one day I said, God help me, I can’t handle it. He took the taste away,” Miller said.

Noting that it seemed like only those who become sincere Christians were able to stay free, Miller said he began reading the Bible and eventually began sharing his story and encouraging others to draw nearer to God.

“The first way is through prayer and the second way is through scripture,” Miller said. “Then find a church and honor your commitment by sharing your story.”

He finished with a prayer in which he asked all attendees to pray with him.

Miller is also a board member for Dallas Theological Seminary, Dallas Seminary Foundation and the Overseas Council. He is a co-founder of

the Great American Race, America’s premier vintage car event.

Blasco paid tribute to Walter Gorsuch, a survivor of the day that will live in infamy - Dec. 7, 1941. Gorsuch was a gunner on the USS Cunningham, a destroyer stationed at Pearl Harbor on that fateful day. He brought along a copy of the ship’s log, which Blasco highlighted.

“The attack began with the Japanese Zeroes making their initial bomb run at 0735 hours,” Blasco read. “All hands were called to battle stations and returned fire against the attackers. At 0805, gunners shot down one enemy plane and another was destroyed at 0910 hours by the men in the machine gun nest. The action continued for about two and one half hours.”

See REMEMBER, page 11



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CHPPM scientist receives Order of Military Medical Merit



Evelyn B. Riley
CHPPM

The Order of Military Medical Merit recognizes outstanding soldiers and civilians who have made significant contributions to the Army Medical Department. Brig. Gen. Lester Martinez-Lopez, commander of U.S. Army Center for Health Promotion and Preventive Medicine, or CHPPM, presented the award to Kenneth E. Williams at a ceremony in his honor and welcomed him as a member of this prestigious order.

Williams was recognized for his technical expertise, outstanding contributions to environmental health issues, and dedication during his 28 years of active federal service.

"No one told me what award I was receiving until the ceremony itself, so I was surprised," Williams said. "It gives me a lot of pride to know that others here at CHPPM

think that I am worthy of such a prestigious award. It will be an honor to wear it at official military functions."

Since 1973, Williams has served at the U.S. Army Environmental Hygiene Agency, or AEHA, and subsequently, CHPPM, in a variety of positions with increasing responsibilities. He has exhibited commitment in the identification of health impacts throughout the Department of Defense and has provided realistic and novel solutions for their remediation.

Williams has demonstrated skill and creativity in the analysis of nonstandard samples for military unique materials. He has conducted developmental work to establish new methods and coordinated unprecedented analytical projects with major health and environmental implications. As an analytical chemist, he developed and supervised a

quality assurance services program during which time the laboratory received U.S. Environmental Protection Agency certification for the Army's Drinking Water Surveillance Program.

During the period of 1989 to 1991, Williams led a group of professionals periodically deployed to Saudi Arabia/Kuwait to assess the ambient air quality resulting from the Kuwait oil fires. He developed new analytical methods and techniques for the analysis of military unique compounds by modifying standard methodologies. Where necessary, he assessed the health affects of this significant military event.

Williams is assigned as manager, Method Development and consultant on special projects with the Directorate of Laboratory Sciences, and serves as technical advisor to the 520th Theater Army Medical Laboratory, or

Photo by W. BEN
BUNGER III

Brig. Gen. Lester Martinez-Lopez, commander, U.S. Army Center for Health Promotion and Preventive Medicine, congratulates Kenneth E. Williams on receiving the Order of Military Medical Merit.

TAML. As the TAML representative for analytical chemistry, he is responsible for selecting field-ready equipment valued at \$2 million and for the training program to assist assigned soldiers to conduct their mission. He provides technical consultation for special studies to include environmental and health risk assessments in Bosnia, Honduras, and Hawaii, and continued assessments in Kuwait and Saudi Arabia.

Williams's academic and professional credentials include co-author of nine publications in peer review scientific journals and 26 presentations at Department of Defense, other government agencies, and national scientific technical conferences. He is vice-chairman, Committee D-22, Sampling and Analysis of Atmospheres, and chairman, Sub-Committee D22.04, Workplace Atmospheres, of the American Society for Testing and Materials.

Within CHPPM, he holds the designation of Master Consultant - Laboratory Scientist. The Master Consultant Program was established in 1989 to designate those employees who have been recognized within the Army, the nation, and in some cases internationally, as outstanding scientific and technical professionals. Because of ability and performance, they are regularly chosen for the most difficult and challenging assignments.

Williams has received 22 awards and honors to include two AEHA Commander's Awards and the U.S. Army Soldier Biological and Chemical Command Commander's Achievement Medal.



Photo by W. B. BUNGER, III
In support of Operation Noble Eagle, Directorate of Laboratory Sciences technician Jennifer Seeger of the U.S. Army Center for Health Promotion and Preventive Medicine analyzes samples from the Pentagon for volatile organic compounds using Gas Chromatography Mass Spectrometry.

CHPPM

From front page

employees who worked additional hours in the days following Sept. 11. Seeger explained that the laboratory workers split shifts and arranged their hours so that employees were always available to accept incoming samples and begin analysis, whatever hour the samples arrived.

"We were pretty much in the laboratory from 6 a.m. to 8 or 9 p.m. for a while," Seeger said. "But as everyone pulled together and worked together, it gave us a good feeling."

"It was a good exercise in showing the high degree of responsiveness of the people of CHPPM," said Hutchens.

Jack Heller, CHPPM's acting program manager of deployment and environmental surveillance, said laboratory personnel worked long hours on short notice to accurately test the samples and return the results as quickly as possible. Personnel tested more than 1,500 air, water and surface samples, for more than 19,000 contaminants. Testing results indicated that the environment met acceptable Environmental Protection Agency standards.

"All samples indicated a safe level," Heller said. He added, "Everybody did a great job. They put forth a huge effort in a very short period of time."

The outstanding team effort did not go unnoticed by Brig. Gen. Lester Martinez-Lopez, commander of CHPPM, who recognized the willing attitude and cooperative effort of all who contributed to the success of the mission at the Pentagon, by presenting certificates, awards or coins to those recognized by their coworkers in supporting Noble Eagle.

"CHPPM is made up of really good people who put forth a world class effort whatever the mission," Martinez said. "They use their expertise and apply diligence and cooperation in every area, and make me very proud to be part of this organization."

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Army News



Photo by BRIAN LEPLEY
The U.S. Army bobsled begins its final race of the Olympic trials held Dec. 29. The sled's team, from right, pushers Spcs. Doug Sharp, Dan Steele, and Mike Kohn and driver Brian Shimer, are four members of the 10-man American Olympic bobsled team that will compete in the Winter Games Feb. 8 to 24.

Army specialists make Olympic bobsled team

Courtesy of Army News Service

Three soldiers have qualified for the U.S. Olympic bobsled team and will slide for medals in Utah during the Winter Games Feb. 8 to 24.

Active-duty soldier Spc. Doug Sharp and Virginia National Guard soldier Spc. Mike Kohn are sled pushers on the men's squad and Utah National Guard soldier Spc. Jill Bakken is one of two drivers for the women's squad. All three soldiers are with the Army's World Class Athlete Program.

The 2002 games are the first for women's bobsled. Bakken, a team member since the U.S. National Team was created in 1994, said it's been a long road.

"As a kid I always wanted to go to the Olympics but I didn't ever think that I would come to bobsledding," the 24-year old said. "I went to Lake Placid (in 1994) and tried out and I loved it so I continued."

Bakken became the first National Guard

athlete to earn a spot on the 2002 team by finishing second in the U.S. trials Dec. 23. She joins driver Jean Racine and pushers Gea Johnson and Vonetta Flowers on the Olympic team. Racine and Johnson were the winners in Olympic qualifying races here Dec. 21 to 22 with Bakken and Flowers second.

During Olympic qualifying trials Dec. 28 to 29, Sharp and Kohn were pushers for driver Brian Shimer. Their team, including former WCAP athlete Dan Steele, finished second to driver Todd Hays.

"I feel very relieved," said Kohn, 29, who has devoted most of the past decade to becoming one of the world's premier bobsled pushers. "This has been a long journey for me."

Kohn made the U.S. Olympic team for the first time.

"Now I feel like I can take my training to a new level," Kohn said. "I don't have to

See BOBSLED, page 11

Army assigns chemical demil program to ASA (I&E)

Courtesy of Army News Service

The Army transferred oversight yesterday for the Chemical Weapons Disposal Program from the Assistant Secretary of Army (Acquisition, Logistics and Technology), or ASAALT, to the Assistant Secretary of Army (Installations and Environment), or ASA (I&E). This move consolidates responsibilities for the program, which was previously divided between the two offices. The ASA (ALT) was responsible for the overall oversight, management, direction and execution of the program, while the ASA (I&E) provided policy and oversight for environment, safety, occupational health and chemical stockpile emergency preparedness. Effective immediately, responsibility for all aspects for the program rests with the ASA (I&E).

Dr. Mario Fiori, assistant secretary of the Army (Installations and Environment), said of the new assignment: "I am pleased to have the opportunity to work with all interested parties to ensure the safe destruction of America's stored chemical weapons. The Army, the eight states, and the communities where the stockpile is stored are firm partners in seeing this project to a successful conclusion. We will work together to achieve our goal of destroying the last chemical weapon in this country's stockpile."

Direct management of the weapons disposal program will continue to be provided by the Program Manager for Chemical Demilitarization, or PMCD, James Bacon,

headquartered at Aberdeen Proving Ground. Bacon is currently responsible for the safe destruction of all chemical agents and weapons stored at eight sites within the United States as well as the disposal of recovered chemical weapons and former chemical weapons production sites.

PMCD was established in 1985 at the direction of Congress and given responsibility for disposal of the complete U.S. stockpile of chemical agents and munitions. Since that time, the program has achieved significant milestones destroying the last of the chemical weapons stored at Johnston Island in November 2000. The combined operations of the Johnston Island facility and the Tooele, Utah, facility have safely destroyed more than 15 million pounds of chemical agent, 24 percent of the nation's total. Disposal facilities in Anniston, Al., and Umatilla, Ore., are complete and undergoing final systems checks. Facilities are under construction at Pine Bluff, Ark., Newport, Ind., and the Edgewood Area of Aberdeen Proving Ground, Md. Combined, these six facilities are slated to destroy 90 percent of the nation's stockpile. Disposal technology decisions are pending for sites in Richmond, Ky., and Pueblo, Colo.

For more information, contact the Army Public Affairs Media Relations Division at 703-697-7591. This document is also available on Army Link on the Internet at <http://www.dtic.mil/armylink/>.

Stop loss expands to Reserve Components

Staff Sgt. Marcia Triggs
Army News Service

The "stop-loss" program implemented in November to stop soldiers in certain specialties from leaving active duty has been expanded to include Army Reserve and National Guard soldiers.

Previously, the stop-loss

program retained soldiers in the fields of special operations and aviation. This second iteration of stop-loss also includes the fields of civil affairs, psychological operations and mortuary affairs.

"The Army's approach to stop-loss has been incremental with Stop-loss 1 focused on active-duty soldiers," said Lt. Col. Bob Ortiz, chief of

Enlisted Professional Development for the Office of the Deputy Chief of Staff for Personnel. "Stop-loss 2 covers Reserve Component soldiers as the next logical increment in support of Operations Enduring Freedom and Noble Eagle."

The Army will re-evaluate stop-loss on a monthly basis and use it as a tool to maintain unit readiness, Ortiz said. Additional stop-loss actions for other officer, warrant officer, and enlisted specialties are also possible, he said.

The additional specialties now covered under stop-loss for active-duty commissioned officers and enlisted soldiers include career management field 39, psychological operations and military occupational specialties, 37F, psychological operations, and 92M, mortuary affairs.

Reserve commissioned officers affected by stop-loss will be those in CMF 18, Special Forces; CMF 38, civil affairs and CMF 39, psychological operations.

Reserve warrant officers affected by stop-loss include

See STOP LOSS, page 7

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More schools to teach BNCOC, ANCOC common core

Jim Caldwell
Army News Service

More schools in The Army School System, or TASS, will begin teaching the stand-alone common core for basic and advanced NCO courses in a pilot program beginning this month. “Expanding throughout TASS gives even more soldiers the opportunity to complete the common core phase of BNCOC and ANCOC at or near their home installations,” said Sgt. Maj. Steve Merrill, chief of the NCO branch for the Deputy Chief of Staff for Training at the Army’s Training and Doctrine Command, or TRADOC. The U.S. Army Reserve NCO Academy at Fort Lewis, Wash., and the South Carolina Army National Guard in Eastover, S.C., were to begin teaching the stand-alone common core in classes beginning Jan. 4. The 3747th USAR Multifunctional Training Brigade (Europe), Graffenwoehr, Germany, starts classes later in

Stop loss

From page 6

those in MOS 180A, Special Forces and aviation warrant officers with the following specialties:

- 152C, OH-6 Scout Pilot
- 153D, UH-60 Pilot
- 153E, MH-60 Pilot
- 154C, CH-47D Pilot
- 154E, MH-47 Pilot

The stop-loss will also affect all warrant officers with the following additional skill identifiers:

- K4, Special Operations Aviation
- K5, MH-60K Pilot
- K6, MH-47E Pilot

Reserve enlisted specialties affected include soldiers with the following MOSs:

- MOS 18B, Special Forces Weapons Sergeant
- MOS 18C, Special Forces Engineer Sergeant
- MOS 18D, Special Forces Medical Sergeant
- MOS 18E, Special Forces Communications Sergeant
- MOS 18F, Special Forces Assistant Operations and Intelligence Sergeant
- MOS 18Z, Special Forces Senior Sergeant
- MOS 00Z (only those with Career Management Field 18 background)
- MOS 67U, CH-47 Helicopter Repairer
- MOS 92M, Mortuary Affairs
- MOS 37F Psychological

Operation MOS 38A Civil Affairs

The only National Guard commissioned officers affected by stop-loss are those in CMF 18, Special Forces. National Guard warrant officers affected by stop-loss include those in specialty 180A, Special Forces and aviation warrant officers with the following specialties:

- 153D, UH-60 Scout Pilot
- 154C, CH-47D Pilot

National Guard enlisted specialties affected by stop-loss include:

- MOS 18B, Special Forces Weapons Sergeant
- MOS 18C, Special Forces Engineer Sergeant
- MOS 18D, Special Forces Medical Sergeant
- MOS 18E, Special Forces Communications Sergeant
- MOS 18F, Special Forces Assistant Operations and Intelligence Sergeant
- MOS 18Z, Special Forces Senior Sergeant
- MOS 00Z (only those with Career Management Field 18 background)
- MOS 67U, CH-47 Helicopter Repairer
- MOS 92M, Mortuary Affairs

No new requests for separation will be accepted from soldiers in categories affected by stop-loss, officials said. However, soldiers who have already started to transition out of the Army and have had their final out-processing will be allowed to separate, officials said.

January. In May the NCO Academy in Alaska and the 25th Infantry Division NCO Academy, Fort Shafter, Hawaii, will enter the pilot program and begin teaching the common core. Branch-specific NCO academies began teaching common core basic leadership tasks as Phase I for both BNCOC and ANCOC courses last October. Soldiers must pass Phase I before taking the MOS-specific Phase II in residence. “NCOs selected by Personnel Command to attend BNCOC and ANCOC may take the stand-alone common core at any location that teaches it, regardless of military occupational specialty, as long as it’s within 50 miles of where they’re stationed,” Merrill said. Soldiers will not be reimbursed for mileage if they elect to take the common core at or near their home installation. “If I’m an infantry soldier stationed at Fort Huachuca, Ariz., I have the alternative to take the BNCOC or ANCOC stand-alone common core at Fort Huachuca. Then I can go to my Phase II at Fort Benning, Ga.,” said Jeffrey Coliman, senior military analyst in DCST’s personnel proponent directory. That means that it will be two less weeks a soldier must be away from the family, Coliman said. It will also be two less weeks for which the Army won’t have to pay temporary duty costs to send the soldier to his or her branch school.

Soldiers clear ordnance from Afghanistan airfield

Sgt. William Patterson
Army News Service

A thunderous explosion shattered the stillness of the afternoon as soldiers cleared away ordnance left behind when Taliban forces retreated from the airfield here. U.S. Army Explosive Ordnance Disposal teams worked though mid-December to clear the Mazar E Sharif airfield. Now they continue to work, in all types of weather, to clear an area north of the airfield. “We work everyday,” said an EOD team leader. “The only time we stopped is when our supply of C4 ran out.” There are two teams working daily to clear the area surrounding the airfield. Everyday more unexploded ordnance is found, according to the team leader. “Our first day at the Mazar E Sharif airfield, we saw the biggest pipe bomb...ever ...” the team leader said. “There were several, each weighing 4,400 pounds.” Although the airfield is currently clear, the area around it has a long way to go.



Photo courtesy U.S. Army 49th PAD
An EOD team uses C4 to clear ordnance from an area near the Mazar E Sharif airfield in Afghanistan.

“Just to north is an area that would take an entire EOD company their entire lives to clean up,” the team leader said. The teams have handled everything from fuel air explosives, to fire bombs, to mines, but the soldiers said the most hazardous are the bomb dispenser fuses. “They have a small amount of explosive in them, but they are the most sensitive,” a team sergeant said. In the first few weeks of December, the teams used approximately 1,500 blocks of

To attend a branch school of another MOS on the same installation, an NCO must have been selected to attend ANCOC or BNCOC by Army Personnel Command, Army National Guard or Army Reserve personnel. The school also must have an available slot. “The interesting aspect of the stand-alone common core training in Europe is that it will be done by distance learning,” Colimon said. “It will be broadcast through video teletraining from Graffenwoehr to several locations in Germany and to other locations in Europe, such as Vicenza, Italy.” Merrill also said active soldiers can only take the stand-alone common core at Reserve Component schools when the training is conducted as a two-week block of instruction. Active soldiers are not permitted to attend training that is done on scattered weekends, nights or during other RC training periods. More TASS schools will be added each year so that by 2004 the stand-alone common core will be taught in schools convenient to nearly every soldier, TRADOC officials said. “The Army School System is one system, one standard, so every soldier taking the stand-alone common core will receive identical training no matter which school he or she attends,” Merrill said. (Editor’s note: Jim Caldwell writes for the U.S. Army Training and Doctrine Command News Service.)

C4 explosive, with 3,000 more blocks on order. Not all of their effort and time has gone into ensuring the airfield is safe. They have done operations within the city limits as well. “One day a truck was hauling some munitions, mattresses and rice. The driver attempted to throw his cigarette out the window,” a team specialist said. “The mattresses caught on fire and set off the munitions.” The team moved out and went to work on clearing the area. “Our biggest worry were the locals; they wanted to help,” the team sergeant said. “One kid brought us a burnt out RPG round and dropped it at our feet.” The team was able to clear all munitions from the area and destroy them later that day. Once EOD had cleared most of the airfield, the military brought in engineers to begin repairing it. “My job is to supervise the repairing of the airfield,” said an Air Force engineer. “EOD enabled me to do that job in a safe environment.” The EOD teams had actual-

ly cleared most of the runway before the engineer even arrived in Afghanistan, he said. “They had cleared areas around the airfield as well, to help provide a safe working environment for repair operations,” the engineer said. The EOD efforts began to pay off on when the Army landed a C-130 Hercules aircraft at the field on Dec. 7. Just a few days after, Dec. 11, the military landed the first humanitarian aid flight since the Sept. 11 attacks. The International Committee of Red Cross brought in some personnel and equipment to reestablish operations in Afghanistan. “Their (EOD) efforts paved the way for humanitarian aid to come in to Mazar E Sharif,” the engineer said. (Editor’s note: Sgt William Patterson is a member of the 49th Public Affairs Detachment (Airborne) reporting from Afghanistan. The initial story was filed Dec. 18 and updated Jan. 3 with information from the Coalition Forces Land Component Command in theater.)

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Community Notes

**SATURDAY
JANUARY 12
GOOD SHEPHERD CATHOLIC SCHOOL BINGO**

Basket Bingo to benefit the Good Shepherd Catholic School will be held at the school, 810 Aikens Avenue, Perryville, 7 p.m.; doors open at 6 p.m. Food, drinks and baked goods will be available. Cost is \$10 per ticket; additional sets are available for \$5. For tickets, call the Good Shepherd School, 410-642-6265, or Brenda Conjour, 410-273-7332.

ATOASTTOTHE LADIES

A “Toast To The Ladies” will be held for ages 30 and over from 10 p.m. to 3 a.m. at the Colonel’s Choice, Aberdeen. Proper ID and dress is required; no jeans, boots, bandannas, sweats or sneakers. There is a \$100 prize for the best-dressed female. Tickets cost \$6 for ladies, \$7 for men, and \$10 at the door. Music will be provided by DJ Sir Knight. To purchase tickets or for more information, call Sgt. 1st Class Copeland, 877-937-9936.

**MONDAY
JANUARY 14
PWOC DINNER**

The Protestant Women of the Chapel is hosting a potluck dinner and program 6 p.m. in the Chapel social hall. To begin the New Year we will be offering the program, “We’re So Different; Praise the Lord,” facilitated by PWOC President, Nancy Brugh.

Considering we’re all part of the human race, it’s amazing that we’re so different. Our God-given uniqueness can be a stumbling block in our interpersonal relationships if they’re not understood and appreciated. By completing a simple self evaluation based on the Myers-Briggs Personality Type Indicator, you will discover your personality type and be able to better understand, accept and delight in the differences in the personalities all around you. Come out and join PWOC for an evening of fun and fellowship. For more information, call the chapel at 410-278-4333.

**MONDAY AND TUESDAY
JANUARY 14 AND 15
AUDITIONS FOR ST. PAUL’S PLAYERS**

The St. Paul’s Players will hold auditions for their April 19 to 28 production of “Hello, Dolly!” on Monday and Tuesday, Jan. 14 to 15 from 7 to 9 p.m. each evening. All roles are open. Teens and adults should be prepared to read from the script, to sing a song (bring a copy of the music for the accompanist), and to dance a short routine (wear comfortable clothes and shoes). Auditions and the six weekend performances will be held at St. Paul’s Lutheran Church, 201 Mt. Royal Ave. and Rte. 22 in Aberdeen. For more information, call Mike or Gail Bareham, 410-515-7767.

**TUESDAY
JANUARY 15
ITALIAN SPECIALTY MEAL**

The annual Italian Specialty Meal will be held in the Aberdeen Area dining facilities, buildings 4219 and 4503, and Edgewood Area dining facility, building E-4225, 5:30 to 7 p.m. During this event all military personnel, family members, Department of Defense civilians, retirees and guests are invited to dine.

The standard meal rate of \$3.25 applies to any officer, enlisted member, and family member of sergeant or above, Department of Defense civilian, retiree and their guest. The discount meal rate of \$2.70 applies to spouses and other family members of enlisted personnel in ranks private through specialist/corporal.

Italian specialty meal menu includes minestrone soup, spaghetti w/meat sauce, lasagna, vegetable lasagna, chicken cacciatore, baked Italian sausage, ravioli, pizza, meatball subs, noodles w/pesto sauce, rissole potatoes, seasoned corn/broccoli parmesan, pasta salads/fruit salad, toasted garlic bread, assorted pastries and assorted beverages. Note: Menu is subject to change without prior notification. For more information call Edward Parylo, or Joyce Thane at 410-306-1399/1393/1398

**WEDNESDAY
JANUARY 16
ARMY TO HOLD PUBLIC MEETING TO DISCUSS STOCKPILE NEUTRALIZATION**

The U.S. Army is working with state of Maryland officials and the Environmental Protection Agency on a plan to accelerate the neutralization of the chemical agent stockpile stored at Aberdeen Proving Ground. The plan will be explained in greater detail on January 16, 6:30 p.m. at the Edgewood Senior Center, located at 1000 Gateway Drive, Edgewood. For more information on the public meeting, contact the Edgewood Chemical Stockpile Outreach Office at 410-676-6800.

EDGEWOOD CHRISTIAN FELLOWSHIP LUNCHEON

The Edgewood Christian Fellowship will meet at 11:30 a.m. in the Edgewood Area Chapel.

This month’s meeting will address the connection between God’s calling and our response. We will briefly look from the current situation, to God’s response from Old Testament times into the present. For reservations, call 410- 436-4109 by noon on Jan 15.

MLK JR. PRAYER BREAKFAST

The Aberdeen Proving Ground Dr. Martin Luther King Jr. Commemorative Prayer Breakfast will be held 7:30 to 9:30 a.m., at Top of the Bay, building 30. The U.S. Army Center for Health Promotion and Prevention Medicine is sponsoring the event. The guest speaker is Kurt L. Schmoke, former mayor of Baltimore City. Cost of a breakfast ticket is \$7 and can be purchased by calling Sgt. 1st Class Shelton Torbert, 410-278-1534.

**THURSDAY
JANUARY 17
NCOA DINING OUT**

The Noncommissioned Officer Academy will hold its annual anniversary Dining Out on Jan. 17, 6 p.m. in the Richlin Ballroom, located at the Comfort Inn, Edgewood. The program will honor the past NCOA commandants. For tickets, \$25 per person, call Sgt. 1st Class Raymond A. LaChance, 410-278-4108.

WARRANT OFFICERS ASSOCIATION MEETING

The Aberdeen/Edgewood Chapter of the U.S. Army Warrant Officers Association will meet at 11:30 a.m. in the Old Baltimore Room at Top of the Bay on the Aberdeen Area of Aberdeen Proving Ground. For more information, contact Chief Warrants Pete Hill or Jane Jones at 410-278-4979.

**FRIDAY
JANUARY 18
ROYE-WILLIAMS ELEMENTARY PTA BINGO**

Basket Bingo to benefit the Roye-Williams Elementary PTA will be held at the Elks Lodge, Route 40, Havre de Grace, 7 p.m.; doors open at 6 p.m. Food, drinks and baked goods will be available. Cost is \$10 per ticket; additional sets are available for \$5. For tickets, call the Roye Williams Elementary School, 410-273-5536, or Vicki Simpson, 410-272-6935. In case of inclement weather, listen to local radio and television stations for the Harford County school system. Snow date is Friday, Jan. 25.

**SATURDAY
JANUARY 19
SATURDAY NIGHT COMEDY JAM PT IV**

Charlton-Miller VFW Post No. 6054 presents “Saturday Night Comedy Jam PT IV” featuring from the “Kiss My Bumper” Commercial and BET Comic View, comedian HOWARD G, with special guests Kevin Anthony and Queen Aisha. Donations are \$10 in advance and \$12 at the door. Tickets are available at VFW Post No. 6054 or contact Sr. Vice Commander Terry Robinson at 410-272-3444. Show time is 9:30 p.m. to 12 a.m. There will be an “after party” Jam.

**SATURDAY
JANUARY 26
MCSC INDOOR YARD SALE**

The Military and Civilian Spouses’ Club will sponsor an indoor yard sale, 8 a.m. to noon, at the Aberdeen Area Recreation Center, building 3326. Cost is \$10 per table. If you need to make room for the new toys and clothes received during the holidays, this will be the perfect solution. If you do not want to sponsor your own table, consider donating your items to the MCSC. They will arrange a pick-up of your items. For more information, call Angie Salamy, 410-272-6712, or Julie Koob, 410-297-6630.

**SUNDAY
JANUARY 27
CONCERT TO BENEFIT WOMEN’S DAY**

The women of St. James A.M.E. Church, 615 Green Street, Havre de Grace, will present Anointed Voices of Harford County in concert at 4 p.m. The program will benefit Woman’s Day 2002. For more information, call 410-939-2267.

**FRIDAY
FEBRUARY 1
BASKET BINGO**

Basket Bingo to benefit the Harford Choral Society will be held at the Aberdeen Fire Hall, Rogers Street, 7 p.m.; doors open at 6 p.m. Food, drinks, and baked goods will be available. Tickets cost \$10; additional sets cost \$5. For tickets, call Jackie Keleman, 410-838-8062.

HARFORD CHORAL SOCIETY BINGO

Basket Bingo to benefit the Harford Choral Society will be held at the Aberdeen Fire Hall, Rogers St., Aberdeen, 7 p.m.; doors open at 6 p.m. Food, drinks and baked goods will be available. Cost is \$10 per ticket; additional sets are available for \$5. For tickets, call Jackie Keleman, 410-838-8062.

**SATURDAY
FEBRUARY 2
WACVA MONTHLY MEETING**

The Womens’ Army Corps Veterans’ Association, Maryland Free State “Chapter 70” will MEET at the Aberdeen Senior Citizen Center, Aberdeen, at 10 a.m. All women who have served or are serving in the United States Army, Army Reserve, Army National Guard, Army Nurses Corps, Womens’ Army Corps and the Womens’ Army Auxiliary Corps are welcome to attend and join as regular members. The women who serve with the Air Force, Navy, Marines and Coast Guard are also welcome to attend and join as Associate Members. For more information, contact Wanda Story, 410-272-5040 or visit the WACVA Web site, www.wacva.com.

**FRIDAY
FEBRUARY 15
CWF BUSTRIPTO DINNER THEATER**

The Civilian Welfare Fund is sponsoring a trip to see the musical “Jekyll & Hyde” at the Three Little Bakers Dinner Theater. The cost is \$45 per person, which includes bus transportation, dinner and the show. For reservations or more information, call Angela Keithley or Jacqueline McKeever at 410-278-4603/4771.

BASKET BINGO

Basket Bingo to benefit Halls Crossroads Elementary will be held at the Aberdeen Fire Hall, Rogers Street, 7 p.m.; doors open at 6 p.m. Food, drinks, and baked goods will be available. Tickets cost \$10; additional sets cost \$5. For tickets, call Voretta Santos, 410-272-4471.

**FRIDAY THROUGH SUNDAY
MARCH 1 TO 3
CWF SPONSORS SKI TRIP**

The Civilian Welfare Fund is sponsoring a ski trip, March 1 to 3. Lodging will be at the Ramada Inn, in Somerset, Pa., which includes a pool, jacuzzi, game room, lounge and restaurant. Transportation and four “all-you-can-eat” meals are included, along with a welcome reception, Pajama Dance Party, free shuttle service to Seven Springs, and 12 hours of open bar. Other optional activities include snow boarding, snow tubing, roller skating, shopping and bowling.

The price per person is as follows: \$235 per person based on two in a room, \$225 per person based on three in a room, and \$205 per person based on four in a room. A \$50 per person deposit is due by Jan. 3. Lift tickets cost \$38 per person for one day and \$75 per person for two days and include a free ski lesson. Call Angela Keithley or Jacqueline McKeever for reservations or more information at 410-278-4603/4771.

**SUNDAY
MARCH 24
WACVA FUNDRAISER**

The Women’s Army Corps Veterans’ Association is hosting a Bull/Oyster Roast to raise money to purchase a wheel chair accessible van for the transportation of Perry Point VA Hospital disabled veterans.

The DAV Transport not only picks up veterans from their homes so they can make their doctor’s appointments, but they also take them home after their appointments are over. Many veterans are in wheel chairs and unable to transfer themselves onto the vans without help. The volunteer drivers are not allowed to help veterans on or off the vans, therefore they are not allowed to pick up these veterans and transport them to Perry Point. The van will cost \$35,000 - \$45,000.

The fundraiser will be held at the Richlin Ballroom in Edgewood 2 to 6 p.m. Tickets cost \$35. There will also be a Big 6 Wheel, plant wheel, silent auction and a 50/50 raffle. Donations are needed for the silent auction. Anyone who would like to attend or volunteer should contact Wanda Story at 410-272-5040.

MOVIES

ADMISSION: ADULTS \$3, CHILDREN \$1.50
Building 3245 Aberdeen Boulevard



OUT COLD
Friday, Jan. 11, 7 p.m.
Saturday, Jan. 12, 9 p.m.
Starring: Flex Alexander, A.J. Cook

Small town buddies Rick, Luke, Anthony and Pig Pen live to snowboard on Bull Mountain. Snowboarding and partying is what life on Bull Mountain is all about, until town founder Papa Muntz dies and his son sells the mountain to slick Colorado ski mogul Jack Majors who wants to turn the boarding backwater into a Starbucks-and-tofu ski resort. (Rated PG-13)

BLACK KNIGHT (FREE ADMISSION)
Saturday, Jan. 12, 7 p.m.
Starring: Martin Lawrence, Tom Wilkinson

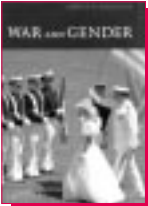



Jamal works unhappily at a dilapidated theme park called Medieval World. After falling into the park’s fetid meat, he crawls out into fourteenth century England. Now a stranger in a strange land, Jamal finds a variety of troubles, and as he uses 21st century street smarts and moves to help his new friends, he gets a lot more than just a history lesson. (Rated PG-13)



LIBRARY BOOK CORNER

The APG Library system has added the following items to its collection:


War and Gender: how gender shapes the war system and vice versa by Joshua Goldstein.




By Any Means Necessary: America’s secret air war in the Cold War by William Burrows.




Homefront: a military city and the American twentieth century by Catherine Lutz.




One Day in September: the full story of the 1972 Munich Olympics massacre and the Israeli revenge operation "Wrath of God" by Simon Reeve.



Holy War, Inc.: inside the secret world of Osama bin Laden by Peter Bergen



Persian Mirrors: the elusive face of Iran by Elaine Sciolino.



The Greatest Threat: Iraq, weapons of mass destruction, and the crisis of global security by Richard Butler.

An Unexpected Light: travels in Afghanistan by Jason Elliot.

Rotting Face: smallpox and the American Indian by Roland Robertson

New at the library, sign up for the library’s e-mail service, receive listings of new library materials at home/office and reserve items electronically.

Operating hours of the Aberdeen Area Library, building 3320, are Saturday and Sunday, 1 to 5 p.m., Monday, Wednesday and Thursday, 11:30 a.m. to 6:30 p.m.

The Edgewood Area library is only open on Tuesday, 11:30 a.m. to 6:30 p.m.

OC&S LIBRARY

The Ordnance Center and Schools Library is located in the basement of building 3071.

Hours are Monday and Thursday, noon to 5 p.m., Tuesday and Wednesday, noon to 7 p.m., and Friday, noon to 4 p.m.

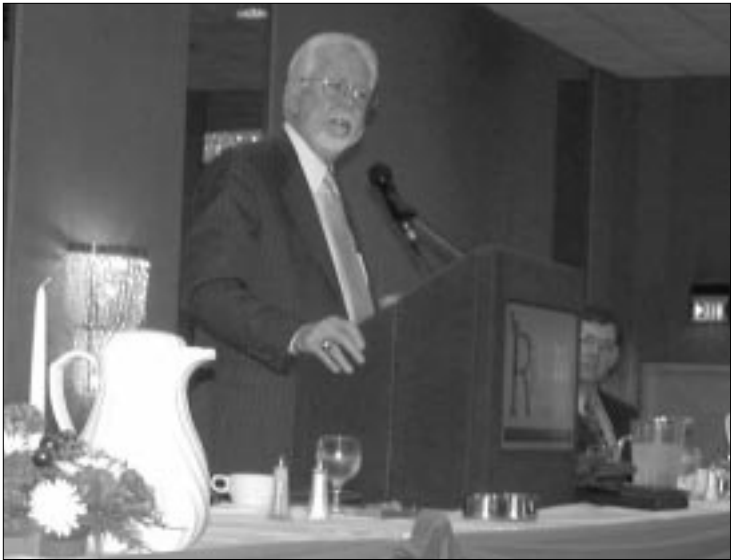


Photo by YVONNE JOHNSON
Norm Miller, chairman and chief executive officer of Interstate Batteries, addresses the audience at the 19th Annual Harford County Leadership Prayer Breakfast.

Remember

From page 4

Gorsuch was stationed with the Hawaiian Naval Detachment until the end of the war. He retired from the U.S. Navy in 1954 as chief gunners mate after 20 years of service. He then came home to Maryland and obtained a job as a gunnery instructor for the U.S. Army Ordnance Center and Schools and retired from that position in 1968.

Blasco asked all attendees to pray for the innocent victims of the World Trade Center, the Pennsylvania flight, the Pentagon, and the police officers, firefighters, clergy, and medics who died. He reminded them of President Bush’s words, “We will fight, we will not falter, and we will win. God bless America.”

September 11

by Dr. Tom Williams

*On September 11
The Terrorists came
Bringing with them
Death and flame*

*The buildings crumbled
The people fell
The great, great heartache
No one could tell*

*We were in shock
And our eyes filled with
tears
And if we’re honest
We had some fears*

*But we’ve been to Pearl
Harbor
And Corregidor too
Mr. Terrorist let me tell
you
America isn’t through*

*We’ve rolled up our
sleeves
We are in the fight
By prayer and by gun*

*We’ll set this thing right
Our President has spoken
And I believe it is so
We will hunt you down
Wherever you go*

*Old Glory is still flying
And long may it wave
Over the land of the free
And the home of the brave*

*To you that are hurting
Please let me say
You are loved and prayed
for
All over the ‘ole USA*

*So let us lift up our hearts
And proudly sing
God bless America
And let freedom ring*

*(Editor’s note: Last year’s
speaker, Dr. Tom
Williams, wrote this poem
on Sept. 11, 2001.)*

Bobsled

From page 6

worry about making the team anymore. It’s going to be a matter of winning a medal from this point on.”

Kohn, Steele and Sharp form the three-man push team for veteran civilian driver Brian Shimer, who at 39, has made the U.S. Olympic team for the fifth time.

For Sharp, the Olympic dream began watching bobsled and men’s hockey during the 1980 Games at Lake Placid, N.Y.

“I ran into the front yard, gathered all the neighborhood boys and built a bobsled run,” Sharp said. “We took the hose out, flooded the yard, and accidentally let it run all night and flooded the whole street.”

In the Olympics next month, both American teams will battle Germany and Switzerland in medal competition.

“The Germans and the Swiss are always powerhouses. Todd (Hays) will be a force; it’s going to be a dog-fight,” Kohn said of the Games. “Every once in a while someone sneaks in, we’re hoping that’ll be us. Home field advantage helps. Hopefully we can get better between now and then.”

Shimer, making his fifth straight Olympic team, has been driving the U.S. Army bobsled for nearly two years as an Army contractor. He, Sharp, Kohn and Steele rode the black and gold Army sled during the trials last month.

The Shimer team secured its berth with two solid runs, hitting nearly 90 mph, during the Verizon Champion Series, the U.S. trials, on Dec. 28 to 29 down the twisting Utah Olympic Park track that drops

341 feet over eight tenths of a mile.

They were considered underdogs because of Shimer’s age and his two knee operations and because Steele had signed on as the team’s brakeman only about three weeks before the trials.

“Shimer is a great, great driver. I’d love for him to finally get an Olympic medal,” said Steele, who replaced Shimer’s previous brakeman when he suffered a back injury.

“We jelled right away. From the very first practice, the three of us had very good timing and our loads were right on the money,” assessed Steele of the teamwork critical for pushing and jumping into the cramped, sleek sleds at the start of each run.

The idea of the National Guard athletes standing on the Olympic Medals Plaza podium when the bobsled competition is finished is not far-fetched, even though the United States has not won an Olympic bobsled medal since 1956.

The U.S. teams will have a home-ice advantage at the Park City venue because they will have charged down it many more times than their international competitors. The Army team’s combined two-run time of 1 minute, 34.53 seconds during the trials was within six tenths of a second of the time recorded by leading World Cup driver Todd Hays, whose team captured the United States’ other four-man spot.

(Editor’s note: This article was compiled from stories submitted by Brian Lepley of U.S. Army Alaska Public Affairs and Master Sgt. Bob Haskell and Sgt. 1st Class Paul Mouilleseaux from the National Guard Bureau Public Affairs Office.)

Aberdeen Youth Services January Schedule of Events

From cooking to karate, there’s always something fun to do at Youth Services. A game room is available with pool tables, foosball and air hockey tables. A library of CD’s and movies also are available for check-out; ask for a list of titles. Magazine subscriptions to some of today’s popular teen magazines also are available.

For more information about what’s available, e-mail Norma.Warwick@usag.apg.army.mil , call 410-278-4995, or visit Youth Services in building 2522, Bayside Drive (beside the Shopette).

The annual membership fee to join Youth Services is \$15 per person or \$35 per family.

Youth Sponsorship

Military communities are famous for relocating every few years. It’s a tough time for everyone, leaving somewhere familiar for lands unknown. Youth Sponsorship is all about making the transitions easier and less stressful. Whether you’re new to Aberdeen Proving Ground or moving to a new location, Youth Services is here to help. If your family is relocating to APG, call, write, or drop Youth Services an e-mail to let them know when you are coming. Youth Services will answer your questions and help children establish friendships before they arrive.

New arrivals should visit Youth Services and tour the facilities. If you’re leaving APG, Youth Services will help you research your new location via the Internet, and also help you contact the Youth Center at your future home, so you have new friends waiting your arrival.

Club schedules, activities

Tuesday, 6 p.m., The Cooking Club

Tuesday, 6 p.m., The SMART Girls Club

Members include girls ages 10 to 15. Curriculum discussion and activities are geared toward improving

self-esteem, health and nutrition and more. For more information, call Tonya Turner, 410-278-4995.

Wednesday, 6 p.m., Arts and Crafts Club

Thursday, 6 p.m. The D.J. Club

Learn how to set up, operate, and edit music using turntables, CD players and a multi-channel mixer. For more information, call Angela Shannon, 410-278-4995.

Thursday, 6 p.m., Teen Supreme Keystone Club

Members include boys and girls ages 14 to 18 and continues where the Torch Club ends, giving members even more responsibility and leadership opportunities. For more information, call Angela Shannon, 410-278-4995

Friday, 6 p.m., Movie Night

Call Youth Services for the movie schedule.

Wednesday, Jan. 30, Torch Club nursing home visit

Torch Club members will visit one of the local nursing homes for January’s Community Service project. Departure time is 6 p.m., and return at 8 p.m. For more information, call Lonnell Dixon, 410-278-4995.

College preparation

Youth Services has a number of ways to help prepare youth to enter the workforce. Classes at APG Youth Centers include resume writing, dressing for success, interviewing techniques and money management. Youth Services also will assist youths

in research information on admission requirements, financial aid and majors offered in colleges and universities. The Resume Writing Class

out the year. Volunteer hours are logged and entered into the Promise Passport Program.

Homework and computer labs

Homework doesn’t have to be a bad word within the walls of Youth Services. The Youth Services staff is more than happy to offer help. The computer labs are always available for use for research requirements and to write reports. Educational software, games and Internet access are just a few of the reasons the Computer Lab is popular. For more information, call Charles Novak, 410-278-4995.

Microsoft Word classes are available for elementary schoolers, on Jan. 16, at 6 p.m.; middle schoolers, on Jan. 23, 6 p.m.; and high schoolers, Jan. 30, 6 p.m.

Youth of the Year Program

Youth Services participates in the Boys and Girls Clubs of America Youth of the Year Program. Competitions are conducted throughout the year at both Youth Centers. For more information, call Angela Shannon, 410-278-4995.

is scheduled for Saturday, Jan. 26. For more information, call Angie Shannon, 410-278-4995.

Community service

Whether it’s making Valentine’s Day cards, picking up trash, or helping someone with homework, no one is too old or too young to give back to the community. Positions as teen assistant coaches, tutors, and computer lab assistants are just a few of the non-paid positions available at youth services. There are also scheduled community service projects through-

Sports and Fitness Program

APG offers a wide variety of instructional classes, team sports, and clinics in throughout the year. Many of these activities are seasonal or offered in sessions. For more information about Youth Sports, call Bill Kegley, APG’s Youth Sports Director, 410-306-2297, or e-mail: William.Kegley@usag.apg.army.mil.

Instructional classes

Dance and karate classes continue to be offered through the winter. Due to basketball season, there will not be a Winter Gymnastics session, however, registration for the Spring Gymnastics session begins Monday, Jan. 14.

Team sports

Basketball games begin in January. Call to find out where your favorite teams are playing. Cheerleaders are in action throughout the season, supporting Youth Center teams and pumping up the crowd. Come out and join the fun.

British Soccer Camp

That’s right, the British are coming. Registration for Soccer Camp, July 8 to 12, will begin on Friday, March 1. The cost for youths ages 4 to 5 pay \$69 per person and youths ages 6 and older pay \$98. More details will be provided at a future date.

Before and After School Program schedule

Hours of operation for the Middle School Before and After School Program during the school season are Monday through Friday, 6:30 a.m. to 6 p.m.

Hours of operation for the Middle School and High School Open Recreation Drop-In Program are Monday through Friday, 1 p.m. to 6 p.m.

The Evening and Weekend Open Recreation Program

Elementary school age recreation hours are Tuesday to Friday, 6 to 8 p.m. and Saturday, 3 to 8 p.m.

Middle school age, hours are Tuesday to Thursday, 6 to 8 p.m., Friday, 6 to 9 p.m. and Saturday, 3 to 9 p.m.

High school age hours are Tuesday to Thursday, 6 to 8 p.m., Friday, 6 to 10 p.m., and Saturday, 3 to 10 p.m.

Realizing the effects of caffeine

Maj. Guy A. Desmond
William Beaumont Army Medical Center

While you are reading this story, you may be drinking or eating a form of caffeine. Many foods and beverages that we eat or drink contain caffeine.

Many of us can’t imagine a morning without coffee, tea, or a soft drink. In fact, coffee is synonymous with caffeine in many nutrition books. We rationalize our use of caffeine as a way to start the day. Caffeine is a stimulant, which has many effects on our body and should be limited, to avoid unfavorable health problems.

Caffeine can help keep you alert. It is widely used for its stimulant effects, but did you know it could cause insomnia? A good night’s sleep of seven to eight hours is recommended. Consuming too much caffeine in food or beverages before bedtime may cause problems. You should avoid caffeine within two hours of bedtime in order to sleep well and be more effective the next day.

Sometimes life is stressful. Stress is of course a normal part of everyday life. When you are having that tough day, you may want to avoid caffeine and try exercise or meditation. Caffeine can be problematic in the resolution of anxiety and stress. The absence of caffeine may make you feel more relaxed. Remember that caffeine is also in many over-the-counter medications and is often hidden in the long list of ingredients. Read those labels.

Did you ever have a bad case of heartburn? The lining of the stomach is protected from its own acid. However, caffeine can have an adverse effect on this protective system. When you have heartburn, avoid caffeine-containing foods and beverages that

can aggravate the problem.

So what is the right or recommended amount of caffeine? Most nutritionists and health professionals agree that 300 milligrams of caffeine per day is safe. This amount equals two to three cups of coffee daily, but as we know many foods also have large amounts of caffeine and should be considered when limiting caffeine intake.

The chart below provides a guide to caffeine content and a range for specific beverages and food items. For example: drip-brewed coffee can have between 96 and 288 milligrams of caffeine per eight-ounce cup. The median level is 184 milligrams. The content is dependent on type of coffee and how the coffee is roasted.

So how do you decrease your caffeine intake? Try decaffeinated beverages. They are widely available and often the taste is indistinguishable from the regular beverage. Most clear soft drinks are caffeine-free. Postum and Pero are also commonly used in place of regular coffee.

A great way to reduce caffeine is to take a brisk walk instead of the usual “coffee break.” Not only will this help break the caffeine habit but it will burn calories and help keep your waist trim. Also, try a tall glass of water. Water is much better for your body. It will be a positive health change.

Foods containing caffeine are popular, but too much caffeine could cause problems, so intake should be limited. The key to a successful nutrition program is moderation.

(Editors Note: Maj. Guy A. Desmond works in the Nutrition Care Division, William Beaumont Army Medical Center, Texas.)

Catch some Zzzzz



Courtesy of Sierra Military Health Services

Occasional bouts of sleeplessness are common, but when one sleepless night turns into a consistent pattern of poor sleep, the results can affect the rest of the day. Insomnia (patterns of sleeplessness) can result in tiredness, lethargy, difficulty concentrating and irritability.

About one in three Americans will experience insomnia at some point.

“While it tends to occur more frequently as we age, and more often in women, anyone can be affected,” says Peter Hauri, Ph.D., director of the Mayo Clinic Insomnia Program.

The causes of insomnia are often as varied as the people who experience it. Some factors include age-related and health changes, medications, stress, anxiety, depression, alcohol, caffeine, irregular sleep cycles, smoking and environmental or extreme temperature changes.

Insomnia is classified into three groups: transient, which may last from one night to a few weeks; intermittent, when episodes of transient insomnia occur from time to time; and chronic, when insomnia occurs most nights and lasts a month or longer. Most cases of short-term insomnia do not require the evaluation of a physician and often go away after a few days. People suffering from chronic insomnia should talk to a doctor.

For short-term or intermittent cases of insomnia, Hauri

suggests that a person go to bed at the same time each night and get up at the same time every morning.

“When you set your alarm for the next morning, set it so you can’t see the time if you awake during the night,” Hauri said.

Insomnia sufferers should use their bed only to sleep, making an effort to limit the time spent in bed to prevent prolonged episodes of restless and shallow sleep. Addressing stressful issues before going to bed by writing them down is a good way to clear the mind of anxiety.

Limiting or avoiding alcohol and caffeine before going to bed will help a person have a better chance of staying asleep throughout the night. Studies also suggest that smokers have a tougher time getting to sleep than non-smokers. Eating heavy foods before going to sleep may make the digestive system work overtime, causing sleeplessness.

Some studies suggest a link between regular exercise and improved quality of sleep. However, exercise less than two hours before bedtime also can cause insomnia. A warm bath about 90 minutes before going to bed stimulates a drop in body temperature and signals a body that it is time to go to sleep.

(Editor’s note: Sierra Military Health Services, Inc., the TRICARE contractor for the Northeast Region, provides this information courtesy of OPTUM.)

Caffeine Content Table (in milligrams)



Coffee, 8 oz cup			Tea, 8 oz. cup			Carbonated beverages		
Median	Range		Median	Range		Amount		
Brewed, drip method	184	96-288	Brewed, U.S. brands	64	32-144	12 oz. can Coke		29.7
Brewed, percolator	128	64-272	Brewed, imported brands	96	40-80	Diet Coke		40.8
Instant	104	48-192	Chocolate			Pepsi		32.1
Decaffeinated, brewed	5	3-8	Milk chocolate, 1 oz.	6	1-15	Diet Pepsi		30.3
Decaffeinated, instant	3	2-8	Dark chocolate, 1 oz.	20	5-35	Mountain Dew		54.5
			Chocolate milk, 8 oz.	5	2-7			

Student leaves his mark on Marine Detachment headquarters



Photos by SHEILA LITTLE

Above, Lance Cpl. Andrew Meyer works on the Marine emblem section of a mural, one of three he designed and painted in the headquarters of the Marine Detachment. Meyer completed the project while finishing the machinist's course at the U.S. Army Ordnance Center and Schools. Left, Cpl. Meyer, right, receives a handshake from Maj. Dan Milke, Marine Corps Detachment commander, upon surprising the officer with his portrait, painted when the artist was off duty. The Marine painted Milke's likeness from a photograph. Right inset depicts detail of mural.

Sheila Little
APG News

While many of us tend to picture military personnel as constantly in combat gear, storming a beach somewhere around the world, in reality, our soldiers, sailors, Marines and airmen also have interests that are not generally connected with combat. Lance Cpl. Andrew Meyer has a talent for art, and a heart for sharing, and while going to school to complete a machinists course at Aberdeen Proving Ground, the Marine completed several murals, done in black and white, on the walls of the Marine Detachment headquarters.

Meyer was asked to consider doing a mural for the headquarters building after he surprised Maj. Dan Milke, the Marine detachment commander, with a portrait he completed from a photo. Meyer painted the portrait while taking the 13-week machinists course at the U.S. Army Ordnance Center and Schools. The murals, on three inside walls, were completed between classes during the final weeks of the APG course. A meticulous artist, the Marine completed the murals without spoiling the battle dress uniform he was often wearing while painting.

Meyer, who has been in the Marines for nearly a year, has been painting in various media since he was 16. His experience includes delving in watercolors, pastels and oils. For the past two years he has been painting murals using water-based acrylics.

Quick with a brush, the native of Wellsboro, Pa., completed his latest project in a little over a week, painting in approximately one-hour increments, between classes or whenever he had the time.

"Generally I do a quick sketch first. Since I'm painting black on white, it doesn't take long to complete," Meyer said.

The artist said that although the APG Marine detachment logo was painted on one of the wall panels as a special thank you to the Marine Corps, the three mural panels depict an all-ser-

vice theme, incorporating the ideas of local Army and Air Force personnel attached to the OC&S.

"I'm really glad that I got the opportunity to put some of my artwork up around here," Meyer said, adding that he was glad for the opportunity to give back to those who have assisted him during his schooling.

Milke expressed the detachment's appreciation for the murals and his personal appreciation for his portrait, done from a photo Meyer took of the commander several weeks ago. The painting will grace the entry area which houses photos or portraits of those in command of the detachment.

"Our machinists are really talented people," Milke said, adding that an artist's eye and good hand and eye coordination is an asset in the machinist's course, with an emphasis on design changes and remanufacture of machine parts.

"Those who have strong artistic skills do great and can learn and pick up everything required," Milke said of those in the machinist course. "Lance Cpl. Meyer has done an outstanding job both in and out of the classroom. I was thrilled

to receive the portrait and am very pleased that he found the time to dress up our headquarters building with these great murals."

Gunners Sgt. Fletcher Musik, the noncommissioned officer in charge, said the artist is "a good Marine. He's squared away, down-to-earth, focused and a hardworker." Musik added, "He and his entire class did pretty good in a tough course." While successfully completing the machinist's course, "Meyer did something that benefits us and creates a motivational piece for the students."

Air Force retiree and OC&S Instructor/Supervisor Cornelius Stewart said "I'd like to commend Lance Cpl. Meyer for his unselfishness. He volunteered to do the task that he did on his own." Stewart added, "Meyer was out there on his breaks, working. We really appreciate the job that he did."

"I'm proud to be a part of serving the country and proud to be a Marine," Meyer said.



Letter to the Editor

Many thanks to some very special people for their kindness in assisting a family of seven children at Christmas.

I work on post answering calls and putting through calls from all over the world. There was a call that came in to me on Christmas Eve that brought tears to my eyes, from a lady without toys or a Christmas tree for her family of seven children.

How could this be that some have so much and others have so little?

I called the PX, WalMart and Target in Aberdeen for their help. They were more than responsive to the family's needs providing toys, gift certificates, and of all things, a beautiful Christmas tree.

So I guess what I am trying to say is thanks to this wonderful world of ours. And, for those that read this article, don't give up hope, there are really some good people that care, especially Jim Servies, assistant manager of the Aberdeen Proving Ground Army and Air Force Exchange Service.

Kathy Moulter
Operator, APG

FINANCIAL TIP

Learn the principles of life insurance

The primary goal of life insurance is to replace family income in the event of a 'bread winners' death. Buy only what you need. Ask yourself, do I need more than my SGLI? Always research insurance and investment companies BEFORE signing a contract. Compare policies. Make sure you understand what you are signing.

For more information on these or other financial topics, call Tricia Jewitt at Army Community Service, 410-278-4372

Deck the walls - Artist adds beauty to KUSAHC

Sheila Little
APG News

Beautiful surroundings have a calming, uplifting and healing effect on just about everyone. Over the last several months, visitors to Kirk U.S. Army Health Clinic have had the opportunity to see such effects take place as Christopher King paints murals in and around various specialty clinics at Kirk.

Adding beauty and encouraging a health attitude in those who visit the facility, the works by the native of Waldorf, Md., have enabled visitors to watch an artist create beauty where bare walls once resided, and get their questions answered as King works.

"I love what I do," King said, and added that answering the questions of those who pass through the clinic is not distracting.

A former high school art instructor,

the artist whose work can be seen at many locations throughout Maryland including the ballpark at Camden Yards and Johns Hopkins Pediatric Clinic, enjoys teaching and realizes that observation is a big part of learning.

"I don't mind others watching me work at all," King said.

The artist has been painting professionally since the age of 19, and doing murals seriously for the past six years.

Approached about adding a series of murals to Kirk after his work was seen at the Ordnance Museum on Aberdeen Proving Ground, King said he was pleased to be considered for the ten mural, three-month project.

Keeping in mind that renovations at Kirk were underway, and aware that similar projects had been approved at other military hospital facilities, Lt. Col. Joshua Kimball, deputy commander of KUSAHC, watched as King

completed a mural on the walls of the Ordnance Museum. Pleased with what he saw Kimball asked if King was interested in a similar project at Kirk.

"I thought it was a great opportunity and was pleased to be asked," King said.

"We gave him a few specific ideas," said Kimball, who said two of the themes suggested to the artist included patriotic and Maryland themes.

In keeping with those ideas, a wall inside the Pediatric Clinic is an underwater scene, which, along with crabs and fish native to the area, includes a Maryland terrapin. Near the pharmacy, visitors are offered a close up view of the eagles that abound on the installation, and the front foyer wall shows medics at work. Ideas were initially sketched out or copied from photographs. King completed the murals Dec. 20.

Michelle Whitehead, said that as chief of logistics for Kirk it is part of her job to get involved with projects that improve the environment and add to the quality of care for patients and staff. She said that after looking at King's portfolio, recommending him for the project was easy.

"Chris King is a talented artist who has done work all over Maryland," she said. "He takes pride in his work and consults the customer every step of the way, going out of his way to provide the best work."

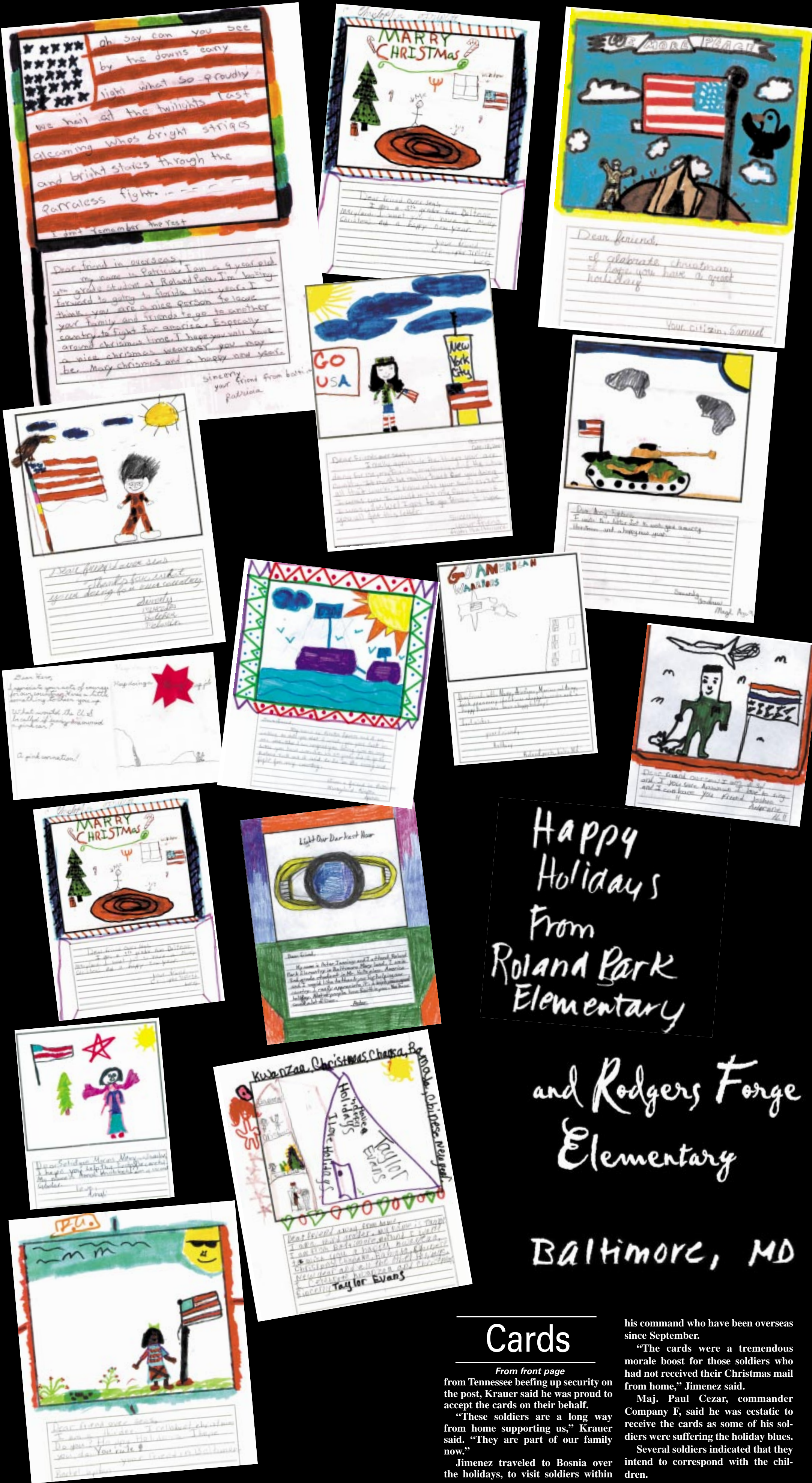
Kimball and Whitehead agreed that the murals generate friendly discussion among employees and visitors, and contribute to the idea that a beautiful, warm, welcoming environment contributes to a healthy atmosphere.

"The patients and staff have been very pleased with the work that he has done," Whitehead said.



Muralist Chris King adds a final touch to his eagle mural, located across from the pharmacy at Kirk U.S. Army Health Clinic. King painted 10 murals in various areas of KUSAHC, completing the project in December. King's murals also decorate the walls of the museum of the U.S. Army Ordnance Center and Schools.

Photo by SHEILA LITTLE



Happy
Holidays
From
Roland Park
Elementary

and Rodgers Forge
Elementary

Baltimore, MD

Cards

From front page
from Tennessee beefing up security on
the post, Krauer said he was proud to
accept the cards on their behalf.
“These soldiers are a long way
from home supporting us,” Krauer
said. “They are part of our family
now.”
Jimenez traveled to Bosnia over
the holidays, to visit soldiers within

his command who have been overseas
since September.
“The cards were a tremendous
morale boost for those soldiers who
had not received their Christmas mail
from home,” Jimenez said.
Maj. Paul Cezar, commander
Company F, said he was ecstatic to
receive the cards as some of his sol-
diers were suffering the holiday blues.
Several soldiers indicated that they
intend to correspond with the chil-
dren.